

NORTHWEST YMCA FAMILY ACTIVITIES & MARTIAL ARTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOM'S DAY OUT

Who Can Participate?

Mom's Day Out is for any child who is between the ages of 2-5 years old.

During the summer, a program option for children ages 6-10 years old is available.

What does my child need to bring?

A backpack or bag with:

- Sack lunch
- Drink
- Swimsuit and a towel

If siblings will be attending together, we ask that they have separate bags for their belongings.

What should my child wear?

Dress your child in comfortable and appropriate play clothes.

What activities are included?

Your child will enjoy swimming, arts and crafts, stories, creative play, tumbling and gym time, outdoor activities, calendar time, and snack time—all while making new friends!

Note: Children 2 yrs of age allowed to swim subject to parent's approval.

Swimming

All Mom's Day Out classes swim in the shallow end of our indoor and outdoor pools.

If you are uncomfortable having your child swim, please notify the instructor and our staff will accommodate.

Hours & Fees[†]

9:30A - 1:30P \$40/\$60 per 4-wk session

10:00A - 3:00P* \$50/\$70 per 4-wk session

*those sessions denoted with asterisk below

[†]Bank draft is available to ensure your child's place in class each month!

Note: Income based assistance is available. Please see the front desk for more information.



Emergency Procedures

FIRE/BUILDING EVACUATION: In the event of a fire or other evacuation situation, staff will escort all children out of the facility.

TORNADO OR BAD WEATHER: Staff will escort children to the assigned locker room.

ACCIDENT OR INJURY: All Mom's Day Out staff are certified in CPR and first aid. Proper care will be administered as needed.

Behavior

Our goal is to develop self-discipline and respect for others. When necessary, the following age-appropriate discipline will be used:

- We will use logical consequences and redirect children displaying inappropriate behavior.
- In some cases, supervised removal (time out) may be used.
- If a child is having excessive problems (i.e. biting, hitting, etc.) the parent will be called and requested to pick up child.

NORTHWEST MOM'S DAY OUT CLASSES	MON	TU	WED	TH	FR
AGES 2-5 CLASS	9:30a-1:30p	9:30a-1:30p	9:30a-1:30p	10:00a-3:00p*	
AGES 6-10 CLASS (SUMMER ONLY)		9:30a-1:30p		10:00a-3:00p*	

Enrollment limited to one session per week. Minimum 5 kids needed per session. ONE DAY DROP-IN FEE: \$15/member | \$25/non-member (space limited)

MARTIAL ARTS (ages 5 & up)

Enjoy this fun activity that's great for kids and the whole family. Uniform and testing are optional for all YMCA Martial Arts classes. Taekwondo & Karate offered at varying locations.

- Improve self-confidence, self-control & coordination as you learn self-defense techniques
- Develop reflexes & focus on improved health

Fees: \$24/MO. 1x/wk | \$48/MO. 2x/wk

Northwest YMCA Taekondo

Beginner (ages 8+) Thursday | 6:15pm
60 minute class

Advanced (ages 8+) Tuesdays | 7:15pm
60 minute class
Thursdays | 7:15pm

Classes take place in Studio B



PARENTS NIGHT OUT (ages 2-10)

Take the night off and treat your child to an awesome evening! They will enjoy arts & crafts, games, tumble time, swimming and pizza. Must bring swimming suit and towel. Available every Saturday and 2nd Friday night.

Hours & Fees

5:30P - 9:30P \$15/\$20 per child

FAMILY RECREATION

Have fun in the pool, play basketball, racquetball and socialize with other families during open recreation times FREE with your membership. Then, kick back in one of the Farha Family Centers where kids and adults can play games or relax together. Schedules for open swim and gym times are available at any Y location or at ymcawichita.org.

GROUP EXERCISE (ages 9-12 w/parent)

Join your child for a kid-friendly class like ZUMBA® Fitness, Cardio CRAZE, TurboKick™ or BOSU Body. Kids 4'10" or taller can participate in Cycle and Water Exercise. See Group Exercise schedules for days/times. Included in membership.

Youth ages 13 & up can utilize most YMCA services including the indoor track, fitness centers (some limitations apply) and group exercise without adult supervision.

FUN FIT (ages 6-12)

Join Y Staff in this class where having fun can improve your health. Jam packed with games designed to improve strength, endurance and flexibility while developing life-long fitness skills! Available at all locations each summer. Check your Y's schedule for school-year classes. Included in membership.